

Group Exercise Schedule



McConnell Heart Health Center

OhioHealth

ADVANCED STEP – (intermediate to advanced)
This class is for the experienced stepper. Challenging step combinations and choreography will get your heart pumping.

BALLROOM DANCING – (intermediate to advanced) This class focuses on advanced steps, technique & dance styling. It's a medium to high intensity cardio class. Partner is required.

BARBELL FUSION – (all levels) This format combines the use of barbells for strength building and ballet/barre movements for toning.

BASIC STEP – (beginner) Practice the basic movements done in a step class during this high intensity, low-impact workout.

BASIC STRENGTH & BALANCE – (beginner)
Learn basic strength training exercises using small balls, dumbbells and thera-bands. Some of the class is done seated in a chair or on a ball. Balance exercises are included to improve coordination and confidence.

BASIC STRETCH – (beginner) Learn basic stretches either done seated or standing.

BOOT CAMP – (all levels) Blast your fitness level in this challenging class designed to push you while having fun. Be prepared to sweat, breathe hard & get super fit! (Express classes are 30 minutes)

CARDIO & CORE – (all levels) Various styles of cardio & core exercises will be completed to give you a heart pumping workout. Movements can be modified or intensified based on fitness level.

CARDIO LIGHT – (beginner to intermediate) A fun, easy-to-follow low impact cardio class.

CUTTING EDGE CORE – (all levels) An innovative core training class that challenges balance and strength. Functional movements progress from standing balance to floor work. Participants must be able to lie on the floor. (Express class is 30 minutes)

EXPRESS HIIT – (intermediate to advanced)
Work your body to the max with short & intense intervals to increase aerobic performance and get fit. Speed and recovery intervals will take your body to its limit...all in 30 minutes!

EXPRESS STRENGTH – (intermediate to advanced) An effective 30 minute challenging strength workout that will work all muscle groups.

EXPRESS TONING & CORE – (all levels) This full-body workout is done in a more upbeat pace concentrating on toning the muscles & increasing endurance.

FIT CIRCUIT – (intermediate to advanced) A challenging full body workout that incorporates varied movements using different stations. Get ready for cardio intervals, full-body strength exercises, core & flexibility work.

LATIN FUSION LIGHT (beginner to intermediate)
This is a fun cardio dance class combining high-energy Latin music with unique moves & combinations.

MYZONE BODY BLAST (all levels)
This class is for MyZone users that have the mobile app. This 30 minute workout utilizes body weight and minimal equipment for a higher intensity workout, reaching various heart rate zones. Limited to 12 participants. *Wear your MyZone belt & bring your phone and a 'pass to class' is required. 'Pass to Class' is available at the Front Desk up to 30 minutes before the class. Feel free to try the class without a MyZone belt.

SCULPT & STRETCH – (all levels)
This workout blends techniques from dance, Pilates and yoga that will tone, define & stretch your body. Enjoy the improvements in posture, flexibility and overall body strength.

STEP PLUS – (intermediate to advanced)
Challenging step combinations provide a fun, high-energy workout. Some strength and core work may be included as intervals or at the end of class.

STEP & STRENGTH – (all levels) A combination class of intervals using the step for cardio and weights for strength training.

STRENGTH & CORE – (intermediate to advanced) Total body strength training with a focus on developing strong abdominals, back and hips.

TABATTA & STRETCH – (intermediate to advanced) Get your heart pumping & muscles burning with a series of timed intervals with minimal rest between sets. Unwind after the series with deep stretching.

TOTAL BODY CONDITIONING – (intermediate to advanced) Challenge yourself in this high-energy, total body muscular strength and endurance class. A complete workout using barbells, dumbbells and more!

ZUMBA – (intermediate to advanced) A fusion of Latin & International music which combines high energy and unique moves that create a dynamic and effective fitness system.

ZUMBA LIGHT – (beginner) A fun, low impact cardio dance class that moves along to Latin & International music. Enjoy all the moves of Zumba at your own pace.

CLASSES HELD IN THE MIND-BODY STUDIO

MEDITATION – (all levels) Explore meditation to help bring calm to your day, relieve stress, improve productivity, creativity, memory and have an overall feeling of wellbeing. Anyone is welcome to participate in this gentle practice.

RESTORATIVE CORE – (beginner)
This class offers slow movements with light resistance to help promote muscle development and reduce the risk of injury. Each full-body workout focuses on proper alignment & stability. Must be able to get up and down from the mat without assistance.

TAI CHI – (all levels) A series of continuous movements designed to promote relaxation and improve concentration, flexibility, balance and strength.

YOGALATES – (all levels) This class combines Pilates and yoga for a total body & mind workout. Develop core strength and stabilization through Pilates poses and improve flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

Pilates at McConnell

The Pilates Mat classes at McConnell are based on the Stott Pilates® contemporary approach to the mind-body exercise developed by Joseph Pilates. Emphasis will be on breath, core conditioning and body awareness. Pilates is a safe and effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints.

BASIC PILATES – (beginner) Participants will learn proper breathing and form techniques needed to perform Pilates exercises. Essential level exercises are done on the mat and with other props.

PILATES MIX – (beginner to intermediate) Improve posture and increase muscular strength and endurance by doing Pilates exercises on the mat and using other props. (*Meeks Method Warm-up- Limited spinal flexion, Monday 9am only)

POWER PILATES – (intermediate to advanced) Build optimal strength, flexibility and endurance while improving your posture. This class consists of Pilates exercises done at a more challenging pace. The exercises flow together with less rest between movements. Designed for those with Pilates experience.

Yoga at McConnell

A variety of yoga classes are offered ranging from Very Gentle Yoga to Intermediate Yoga. Though differing in approach, all of the classes will work with yoga postures, breath awareness and relaxation. Through regular practice, participants will achieve greater body awareness, increase both strength and flexibility and experience greater peace of mind. Each class has a uniqueness based on the instructors' training and vary in length of class time.

VERY GENTLE YOGA – (beginner) This class is designed for those who may find the level changes and intensity of a more traditional yoga class rather difficult. Chairs and other props are used to modify poses to individual comfort level. This class will include movement, breath-work and meditation/relaxation.

GENTLE YOGA – (beginner) This class is designed for those who are new to yoga or those desiring a more moderate approach to practice. Participants will work with gentle but deep stretches, basic postures, breath awareness and relaxation towards a more balanced & energized body.

YOGA MIX – (all levels) This class is moderately paced, with instruction in alignment of the body and flow of breath. Learn range of standing, sitting, balancing and back-bending poses to connect the breath with movement through deep, full yogic breathing.

INTERMEDIATE YOGA – (intermediate) This class involves a variety of poses & breath work as well as attention to mindfulness. Some postures are held for longer periods of time to increase strength and concentration while other postures will be linked together through the flow of breath in a Flow or Vinyasa style. This class is designed for the more experienced practitioner.

POWER YOGA – (intermediate to advanced)
Try this dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. It tones and sculpts the entire body. Designed for those with yoga experience.